

## ACS hosts "Home Alone" workshops

See p. B-4.



## Army aviators become sea warriors

Story and photos by  
**STAFF SGT. WILLIAM SALLETTE**  
U.S. Army-Pacific Public Affairs

KAUAI, Hawaii — The 25th Combat Aviation Brigade, 25th Infantry Division, added a different twist to the primary joint training exercise Koa Kai 14-1 around the islands of Kauai and Ni'ihau, Jan. 22-31.

Participating units included Hawaii and San Diego-based surface ships and submarines, as well as aviation forces from the Army, Navy, Air Force and Marine Corps.

They conducted integrated flight operations, anti-surface and anti-submarine training.

One of the major changes to this year's exercise was integrating the

25th CAB helicopters aboard Navy ships.

"Koa Kai provides an opportunity to exercise multiple warfare disciplines to ensure our ships maintain warfighting readiness and the capability to operate forward on short notice," said Rear Adm. Rick Williams, commander, Naval Surface Group Middle Pacific and Navy Region Hawaii. "Koa Kai is integrated, challenging, state-of-the-art training for our sea warriors here in the middle Pacific that helps us achieve full deployment readiness."

25th CAB conducted multiple operations throughout the exercise, including transport, security, medevac and scout operations with OH-58D Kiowa Warrior and UH-60 and HH-60 Black Hawk airframes.

Koa Kai demonstrates the Army's contribution to the U.S. Pacific Fleet's forward readiness as it prepares Mid-

See KOA KAI A-5



Sailors aboard the USS Michael Murphy (DDG 112), a guided-missile destroyer, signal to a 25th CAB Black Hawk for a safe deck landing qualification during Operation Koa Kai, held off the coast of Kauai, Jan. 22-31.

## Best sensor crew chosen

Story and photo by  
**SGT. 1ST CLASS KARRY JAMES**  
94th Army Air and Missile Defense Command  
Public Affairs

JOINT BASE PEARL HARBOR-HICKAM — Soldiers from the 10th Missile Defense Detachment, 100th Missile Defense Brigade, 94th Army Air and Missile Defense Command Sensor Management Cell (SMC), participated in a unit annual sensor manager best crew competition, here, Jan. 27-31.

The contest tested five three-person crews to get the top overall score in a multi-event challenge. Events included "table-eights," oral boards, written tests, briefs to leadership and a physical challenge that 10th MDD calls "PT Olympics."

"We are using the total Soldier concept to determine who is the best crew," said Sgt. 1st

### 2014 Sensor Manager Best Crew

Crew 5 was named the best:  
Sgt. Joe Chacon,  
Sgt. John Foxworth, and  
Sgt. 1st Class Robin Parker.

Class Benjamin Sharp, SMC noncommissioned officer in charge. "The technical aspects carry the heaviest weight in scoring with the tactical carrying a lighter weight, but they still matter because the smaller points are usually what ends up deciding it, because they are all very good at their jobs."

The officers and senior NCO of the unit observed, discussed and scored each category to determine the winner.

"Our unit is a small, tight-knit group," said Sgt. John Foxworth, Crew 5 team member and sensor manager. "Everyone in the unit had something to do for the competition, whether it was competing, scoring or just giving encouragement."

The competition is held each year, not only for performance recognition, but also to improve camaraderie and unit cohesion.

"It's just a great morale booster for the entire team," said Sharp.

"This competition is very competitive and serious," said Foxworth, "but at the end of the day, we're all good friends and still love each other and able to let go of any leftover competitive animosity and hang out with each other."

Crew 5, comprised of Foxworth, Sgt. 1st Class Robin Parker and Sgt. Joe Chacon took home the title "Sensor Manager Best Crew for 2014."

The winners will each receive an Army Achievement Medal, recognition and bragging rights until next year's competition.

"There's not a regional or national competition for them to move on to, but we've been working to make it worldwide and would like to see this contest bloom into something like that," said Sharp.



Sgt. 1st Class Benjamin Sharp, SMC NCOIC, 10th MDD, demonstrates how to correctly perform an exercise included in the unit's PT Olympics to decide the 2014 Sensor Manager Best Crew.



USAG-HI senior leadership and Soldiers from various units gather for the official opening of the 2014 Schofield Barracks Tax Center, Jan. 31.

## SB Tax Center opens for 2014

Story and photos by  
**SARAH PACHECO**  
Staff Writer

SCHOFIELD BARRACKS — Benjamin Franklin once said, "The only things certain in life are death and taxes," and now that we're already a week into February, rest assured, the dreaded April 15 deadline for tax returns will be here before you know it.

To help Soldiers, retirees and spouses navigate the 2014 tax season with minimum stress, the Schofield Barracks Tax Center officially opened for business, Jan. 31, at its new location on Grimes Street, across from the Soldier Support Center and Hamilton Field, here.

Currently, the center is available only to single E1-E4 Soldiers on a walk-in basis, through Feb. 14. As of Feb. 17, the center will be open,

by appointment only, to all active duty service members, retirees and their dependents.

"The tax center is open to everyone who qualifies for Army legal assistance," said Capt. Anthony Contrada, attorney, Legal Assistance Office, Office of the Staff Judge Advocate, 25th Infantry Division, who also is officer in charge of the tax center.

"If someone's not sure if they qualify, they can call us, or they can go online to [www.garrison.hawaii.army.mil/legal/](http://www.garrison.hawaii.army.mil/legal/)," Contrada added.

Volunteer Soldiers from units throughout U.S. Army Garrison-Hawaii make up the tax center staff and are on hand to assist clients with filing current-year tax returns, amend-

See TAX A-3

## Tuition assistance policy revamped for fiscal 2014 based on current economy

**JEFF CRAWLEY**  
Army News Service

Soldiers must now have one year of service following graduation from Advanced Individual Training (AIT) to be eligible for tuition assistance (TA).

For officers, this policy includes one year of service following graduation from the Basic Officer Leader Course.

If an officer was prior enlisted, then the officer's AIT as an enlisted Soldier will be used to calculate the one year in service.

This policy was one of the TA changes that went into effect Jan. 1; it was spelled out in All Army Activities (ALARACT) Message 317/13.

This change is new to the Army, but it's not new to the armed forces.

●**Cap remains.** The fiscal 2013 \$250 cap per semester hour did not change. However, Soldiers now can only receive 16 semester hours of TA-funded courses per year, or \$4,000. And, even if the total tuition amount is well below the \$4,000 cap, only 16 semester hours will be paid.

The old cap was \$4,500, which would cover 18 semester hours at \$250 per hour.

This change may restrict some of the more industrious Soldiers working toward a degree. Most classes are worth three semester hours of credit. If

a Soldier takes a sixth class worth three credits, or a total of 18 semester hours, they will have to pay the full cost of that class because the TA system is not set up to split the cost beyond the 16th semester hour. Of course, students can take coursework beyond 16 hours at their expense.

Soldiers can use TA for 130 semester hours for a bachelor's degree, according to the ALARACT.

●**Economic times.** These changes came about because of the economic climate of the federal budget. In fiscal year 2013, the Army spent \$335 million in tuition assistance. The Army cannot maintain that level of spending.

The policy changes spread out dollars evenly while allowing Soldiers to use TA without lowering the semester-hour caps, which was a concern.

●**Other changes.** Soldiers who use TA to fund any portion of an undergraduate degree (associate, bachelor's) will now be required to have 10 years of service before they can use TA to fund a graduate degree, according to the ALARACT. Soldiers who are currently pursuing a graduate-level program and who use TA to fund any portion of their undergraduate degree will still be allowed to use TA during Fiscal Year '14. (Editor's note: Read more about TA at [www.hawaiiarmyweekly.com](http://www.hawaiiarmyweekly.com).)

### Points of contact

Get more details about TA or meet with a guidance counselor:

- Visit the Schofield Barracks Education Center, 1565 Kolekole Ave., Bldg. 560, Yano Hall, 2nd floor. Call 655-0800/0805.
- Visit Tripler/Fort Shafter Education Complex at 823 Krukowski Rd., TAMC. Call 433-4182/4184.
- Both centers are open 9 a.m.-5 p.m., weekdays.



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Col. Daniel W. Whitney  
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CSM Philip J. Brunwald  
**Director, Public Affairs**  
Dennis C. Drake  
656-3154  
**Chief, Internal Communication**  
Aiko Rose Brum, 656-3155  
aiko.brum@us.army.mil  
**News Editor**  
John Reese, 656-3488  
news@hawaiiarmyweekly.com  
**Pau Hana Editor**  
Jack Wiers, 656-3157  
community@hawaiiarmyweekly.com  
**Staff Writer and Photo Editor**  
Sarah Pacheco, 656-3150  
sarah@hawaiiarmyweekly.com  
**Layout**  
Estrella Dela Cruz-Araiza  
**Advertising:** 529-4700  
**Classifieds:** 521-9111  
**Address:**  
Public Affairs Office  
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# Gold Star PSAs to educate public on meaning

**WILLIAM BRADNER**  
U.S. Army Installation Management Command

JOINT BASE SAN ANTONIO — The Army announced that it will release three public service announcements (PSAs) over the next year to increase awareness of Department of Defense (DOD)-issued gold star and next of kin lapel pins.

The first PSA aired Sunday in the half hour before kickoff of Super Bowl XLVIII.

The pins are designed to signify the loss of a loved one in support of our nation. Although the gold star pins have been in existence for decades, many Americans are unfamiliar with their meaning. The PSAs were developed to help educate and inform the public of the significance of the pins.

“It’s heartbreaking to think that a mom wearing a gold star might have someone ask her, ‘What a beautiful pin. Where do I get one?’” said Donna Engeman, a gold star wife who manages the Survivor Outreach Services program for the Army.

“We decided we had to do something to ensure the nation — the world — recognizes what that pin really signifies,” Engeman said.

Though the gold star and next of kin lapel pins are a DOD program, the Army’s Installation Management Command (IMCOM) has taken on the mis-



File photo

**These pins denote sacrifice — they aren’t decorative pieces of jewelry. IMCOM has taken on the mission to better inform the general public about the meaning of the DOD-issued gold and next of kin pins.**

sion of educating the public. This year, Gen. Ray Odierno, chief of staff of the Army, directed IMCOM to develop a campaign to inform America of the significance of this symbolic gold star pin.

“We’re committed to our survivors,” said Lt. Gen. Mike Ferriter, commander, IMCOM. “We owe it to them to ensure they get the support and service they deserve for as long as they need it.

“Educating the public on the meaning behind the gold star pins is simply another way to reaffirm to our survivors that we understand and honor the sacrifices they’ve made for our country,” Ferriter said.

The PSAs consist of documentary-

style interviews and narrative stories from real survivors who volunteered to be a part of the project. Academy-award-nominated actor Gary Sinise provided the voice-overs.

“We tried to ensure the PSAs reflected the diversity of surviving families, as well as honoring their service and sacrifice,” said Hal Snyder, chief of IMCOM’s Wounded and Fallen Support Services office. “The PSAs include moms and dads, brothers and sisters, children, husbands, wives. ... The point is you might see a gold star pin on just about anyone.

“We wanted to make sure everyone knows what that pin represents,” Snyder

## SOS

Hawaii-based gold star moms receive support from the Fort Shafter and Kalaeloa SOS, run by Army Community Service; Directorate of Family and Morale, Welfare and Recreation.

Visit [www.himwr.com/survivor-outreach-services](http://www.himwr.com/survivor-outreach-services) or call 438-1951 or 844-6533 for service.



added.

The PSAs also serve to gently remind the American public that the freedom they enjoy comes at a cost, Snyder said.

“The call to action is to honor and learn,” he explained. “Honor those who have fallen, and learn about a small, but meaningful symbol presented to families who have lost a service member.”

The Army also plans an extensive outreach effort through social media and partnerships with corporate America.

“The more people who see these, the greater the opportunity to recognize and honor families of the fallen,” Snyder said.

The Army’s Survivor Outreach Services program currently supports more than 55,900 surviving military family members.

## BRIDGING THE BASICS

# Senior NCOs must demonstrate, live Army Values

**SGT. 1ST CLASS JOSE ORTIZ**  
18th Medical Command (Deployment Support)

When Soldiers complete basic combat training at the start of their military careers, they come to learn and respect Army Values.

This fact means that we are all held to a higher standard regardless of our rank, position or time in service. For this reason, we senior noncommissioned officers have to start with ourselves by setting an example for those we lead.

If we shortcut a task, we are not only letting ourselves down, but those who look up to us for leadership. By doing tasks, missions and responsibilities the right way, the first time around, we create good habits and eliminate bad behavior.

The time has come to stop setting bad examples and start taking ownership of



Ortiz

*It is our duty to lead by example. If we see a Soldier in need, we will assist her. If we see a Soldier doing wrong, we will correct him. And if we see a Soldier showing affirmative achievements, we will provide positive feedback.*

our own actions. If we complete a task incorrectly, what respect are we expecting to receive from fellow Soldiers?

The solution is quite simple: It is our duty to lead by example. If we see a Soldier in need, we will assist her. If we see a Soldier doing wrong, we will correct him. And if we see a Soldier showing af-

firmative achievements, we will provide positive feedback.

No one ever said being a Soldier was easy. It is more than putting on a uniform and going to work. It is more than just completing tasks. It is about having pride, working with others in an encouraging manner, taking action when necessary, being respectful and helping others.

If you are not taking time out to ensure you are putting your best foot forward every day, then I need you to stop and ask yourself what you are doing wrong. There is no excuse for misguiding, cheating or letting down your fellow Soldiers, especially as a senior NCO.

With these things in mind, junior Soldiers look up to us for guidance. We must not steer them in the wrong direction for when we do, we are not doing the Army or that Soldier justice.

I urge senior NCOs to live up to the Army Values and to do their best in leading and assisting all junior Soldiers to be the best they can be. Let the Soldier know what is right and what needs to be done. Most importantly, we must learn that no matter what our rank or

position is, we will always be obligated to go back to the basics, because that is where the Army begins.

Be proud of your accomplishments, as no one has walked the same path as you in becoming a senior NCO. Bring to the table the Army Values instilled in you, years ago, and share them with your junior Soldiers. Give them the gift of positive reinforcement and allow them to carry on into their careers what you have given to them.

The future is in your hands.  
(Editor’s note: Ortiz serves as the 18th MEDCOM (DS) intelligence NCO in charge.)

## Army Values

The seven core Army Values are what being a Soldier is all about.

Loyalty	Selfless Service
Duty	Honor
Respect	Integrity
Personal Courage	

## FOOTSTEPS in FAITH

# Olympian gold medalist Liddell teaches life lesson

## “Chariots” inspires us

**CHAPLAIN (CAPT.) MATTHEW MCCRANEY**

3rd Squadron, 4th Cavalry Regiment  
3rd Brigade Combat Team  
25th Infantry Division

Last year, I fulfilled a goal by completing the North Shore marathon.

I ran a total of 26.2 miles in just over four hours.

It was, by far, one of the most physically demanding things I have done in my life. However, the most difficult thing about running a marathon is not the physical component, but the mental component.

Physically speaking, if you can run 10 miles, you can run 26.2. Keeping your head in the race for four hours, pushing yourself through pain, exhaustion and pain (yes, I know I mentioned pain

twice) is where the heart of the experience lies.

To prepare myself mentally, I decided to watch “Chariots of Fire,” the 1981 Academy Award winning movie about Olympic gold medalist Eric Liddell. I had never seen the movie before and was intrigued by this man’s convictions and character.

Liddell won his gold medal in the 1920s, rose to the top of British sports and became the most famous Scotsman in sports history. Yet, he walked away to follow God’s call.

The movie ended with his amazing finish at the 1924 Olympic games, but



McCraney

included a tag line that spoke of his death as a missionary in China during World War II. His conviction was that God had made him for a purpose and running was only one small part of that.

What I found particularly moving about this man’s life was this goal to completely surrender to God. As Liddell lay dying in an internment camp, he uttered the words “complete surrender.” In the book “Complete Surrender,” countless people recalled Liddell’s complete submission to God, from refusing to run on the Sabbath, to his commitment to quiet time with God every morning.

From his treatment of the Chinese peasants to his love and care for their persecutors, his actions towards his fellow men seemed completely surrendered to God. In fact, the author points out only one incident where Liddell became visibly angry at his situation, and

this anger was only because a friend had confused Liddell’s head for a jellyfish and hit him with a mallet. This was the stage at which Liddell was surrendered to God.

Surrendering to God does not mean that we don’t have a responsibility to work hard, strive and have goals. In fact, it would be wrong to neglect the gifts and responsibilities that God gave to us. Instead, we must remember that God is greater than anything in this world. We must understand that God’s power trumps our own, and our hope ultimately lies in him.

I think these things are what Liddell meant when he gave his last words. While Liddell was a sprinter, he lived his life as a marathoner. He ran with joy in his heart, transformed by the reality of being completely surrendered to God.

# Voices of Ohana

Valentine’s Day is Feb. 14.

“Describe your perfect Valentine’s Day gift.”

Photos by 500th Military Intelligence Brigade



“Dinner on Sandy Beach with a private concert from Fiji!”

**Sgt. Deep Chand**  
Supply specialist, HHD, 500th MI Bde.



“A baby! My wife is due around Feb. 18.”

**Staff Sgt. Ying Lu**  
Intelligence analyst, HOC, 715th MI Bn., 500th MI Bde.



“A week off with my daughter.”

**Sgt. Kenya Meredith**  
Intelligence analyst, HOC, 715th MI Bn., 500th MI Bde.



“Dinner and surfing on a private beach.”

**Sgt. Alyssa Noakes**  
HR specialist, HHD, 500th MI Bde.



“A couple’s massage and dinner on a secluded beach.”

**Spc. Jo Velasquez**  
Supply specialist, HHD, 500th MI Bde.

# Redeployed engineers recognized for OEF mission

Story and photo by  
**STAFF SGT. GAELN LOWERS**  
8th Theater Sustainment Command Public Affairs

SCHOFIELD BARRACKS — Sixteen Soldiers from the 14th Construction Management Team and the 15th Explosive Hazards Team, both from the 130th Engineer Brigade, 8th Theater Sustainment Command, were recognized during a redeployment ceremony, here, Monday, after serving nine months in Afghanistan supporting Operation Enduring Freedom.

Both units brought unique capabilities to the mission in Afghanistan.

The 14th CMT partnered with Navy Seabees to train the Afghan National Army’s National Eng. Bde. in basic carpentry, plumbing and electrical work, while the 15th EHT traveled throughout Afghanistan to assist in route clearance of improvised explosive devices (IEDs) and to train Afghan army explosive ordnance specialists.

“Every day was hard for both teams,” said Lt. Col. Anela Arcari, commander, 130th Eng. Battalion (Provisional). “The 14th (CMT) filled a critical gap and overcame every obstacle to establish a

world-class training program that will have a lasting effect on the Afghan National Eng. Bde., as well as the country of Afghanistan.”

She said that, similarly, the 15th EHT’s important analysis led to updated approaches to IED trends and probable targets, ensuring even greater security and assured mobility throughout the country.

In addition to the 14th CMT and 15th EHT redeployment, 46 Soldiers from Headquarters and Headquarters Company (HHC), 130th Eng. Bde., who recently redeployed were recognized. The remaining members of the HHC are still serving in Afghanistan as the lead of the Theater Eng. Bde., Joint Task Force Sapper, providing theater combat engineer support throughout the country.

Erika Gronenthal, 130th Eng. Bde. family readiness group leader, and Sgt. 1st Class Richard Martinez, intelligence noncommissioned officer, received surprise recognition during the event.

The Army Eng. Association Essayons Award was presented to Gronenthal for her contributions to engineer units, organizations and Army families. Gronenthal said she was incredibly surprised by the recognition and thanked the support network of Army families who helped each other get through the deployment while

their loved ones were away.

Martinez received the Knowlton Award for his promotion of the Army Military Intelligence Corps.



**Lt. Col. Richard Collins (left) and Sgt. Maj. Brande Small, 14th CMT, 130th Eng. Bde., 8th TSC, uncasing their unit's colors during a redeployment ceremony at the Sgt. Smith Theater, Feb. 3.**

## Tax: 1040 warriors best understand tax code specific to military families

CONTINUED FROM A-1

ments and e-filing. These Soldiers underwent more than three weeks of training with materials provided by the Internal Revenue Service (IRS) leading up to the center’s opening.

“Our Soldiers come from units all over the island, and every Soldier who does tax returns here has been certified on various levels of IRS tax preparation within the IRS learning program,” Contrada said.

“We have everyone from infantry guys, to mechanics, to MEDCOM people, all walks of life,” added Gisella Parent, a civilian attorney with the Legal Assistance Office.

“You never know what the makeup of the group is going to be like when they’re coming from all different units and from all different areas of expertise, but we’ve been so impressed with the level of focus and the hard work they’ve put in,” Parent said. “They all were certified so much faster than we anticipated, and as a group, we’re really confident that they’re going to provide an exceptional level of service throughout the tax season.”

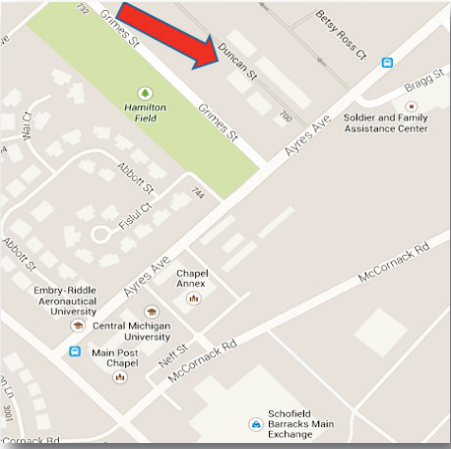
“I’m ready to get started and put this to use,” said Spc. Trevor Miller, a truck driver with 2nd Battalion, 25th Aviation Regiment, 25th Combat Avn. Brigade, 25th ID. “I’m actually getting out of the Army soon, so this broadens my horizons, as far as non-military training.”

“I definitely feel like the training is useful for now and for later,” agreed Spc. Joseph Quemado,

an explosive ordnance disposal technician with the 706th EOD Company, 303rd EOD Bn., 45th Sustainment Brigade, 8th Theater Sust. Command. “At first, this was more of a ‘volun-told’ experience, but as it went on and we learned more and more things, I realized this is going to be a life skill, so it’s one of those things that you’re glad someone ‘volun-told’ you for.

“I’m going to volunteer next year just to recap on the learning and let it sink in,” Quemado added.

While the tax center is run by the U.S. Army Judge Advocate General’s Corps, with help by USAG-HI, Contrada stresses that Soldiers are the ones responsible for preparing the tax returns, which offers its own set of pros and cons.



“Because everyone who works here is a Soldier, we understand specific needs that military families might have, and we do extra specific training on military members’ and families’ tax preparation, because there are some specific areas of the tax code that only apply to military people,” said Contrada.

“However, we are limited in that we cannot help people handle disputes that they might have with the IRS, and this year we are not equipped to do previous-year returns,” he added. “They’re not attorneys, but they’re trained to do tax preparation by the Army and by the IRS. They are providing a tax service and not a legal service.”

“This isn’t a place to come for legal advice on taxes; it’s really for filing,” Parent stated. “It’s really not that much different than an H&R Block, except that it’s free of charge.”

The IRS began accepting filings Jan. 31 and tax center phone lines are open for appointments.

“We anticipate appointments are going to fill

up quickly,” Parent said.

Contrada advised those using this free service to be prepared by having the following on hand:

- Social Security Card, or proof of identification from the Social Security Administration;
- W-2 form(s);
- Statements with any type of income earned during 2013; and
- Previous-year tax returns, if possible.

“Keep all the forms that are sent to you, and if you own your own business and have a bunch of expenses, you need to record it,” Quemado said. “Keep accurate logs throughout the year, because if you don’t have the information to give to us, we can’t file everything properly, and it’s not going to be correct with the IRS.”

“And do a little self-research,” Miller added. “Everyone’s situation is different, and you could know something better about yourself than we would. Plus, it also prepares yourself better for the next time you do your taxes.”

### Tax Center

The 2014 Schofield Barracks Tax Center is located in Trailer #1, Grimes Street, across from the Soldier Support Center and Hamilton Field on Schofield Barracks.

The center is open to Single E1-E4 Soldiers, only, on a walk-in basis, between 9:30 a.m.-4 p.m., now through Feb. 14.

The center and its services will be available to all service members, dependents and retirees by appointment only, beginning Feb. 17.

For more information or to schedule an appointment, call 655-1040.

# Life of promoted Reservist marked by perseverance

## Officer undergoes ‘major’ journey to field grade rank

Story and photo by  
**BRIAN MELANEPHY**  
9th Mission Support Command Public Affairs

FORT SHAFTER FLATS — A little after 3 p.m., Jan. 31, a Hawaii-based Army Reserve officer stood proudly on a barge in Pearl Harbor, his family by his side as he was promoted.

With a new gold oak leaf on his chest, Maj. John Li was all smiles, proud to be an American, proud to be an example of succeeding in the land of opportunity and proud to be living the American dream.

John Li is no ordinary major. His journey in life began in Canton, China. He arrived in Chicago with his family three days after Christmas, when he was 11 years old.

Before moving to Chicago, Li lived in poverty. His parents were farmers, and they struggled daily to put food on the table. Li said he was very grateful to have a home, but it lacked any furniture, and the family slept on the floor.

Daily meals consisted of rice and vegetables. They ate fish on special occasions. When Li’s birthday came around, he didn’t get a cake or a birthday present; instead, he received a red-colored egg. In China, red represents prosperity. When Li arrived in Chicago, he spoke a Can-

tonese dialect called Taishanese. He was plopped into the public school system with a very steep learning curve. He’d never learned English in China.

“I believe the reason I initially struggled with English was a result of having started school in the 5th grade, thereby missing out on some of the more important grammatical building blocks of the language,” Li said.

However, this did not stop him. His first foreign language was French. Li

credits his French in assisting his English language development. Additionally, Li taught himself Mandarin by watching movies.

While attending college, Li mentioned to some of his friends that he wanted to join the military. They told him he couldn’t make it, which inspired him to join.

“That was all that I needed, and to this day, I am forever grateful that I signed on the dotted line,” said Li.

In 1996, Li enlisted in the Army Reserve,

working in logistics. After a short stint in logistics, Li changed career fields and served as an interrogator. He didn’t join the Army Reserve solely because his friends doubted him; he joined to take care of his family and use the GI Bill.

Fast forward to today, Li is a proud husband, father, an American and a Soldier’s Soldier.

“His integrity and honor embody the Army Values,” said Lt. Col. Edward Van Court, a former supervisor of Li, in a letter of recommendation. “His patriotism and sense of duty to the country are beyond reproach.”

In 2000, Li graduated from Northern Illinois University with a bachelor’s degree in communications and received his commission through the University of Illinois in Chicago’s ROTC program. (Li also holds a master’s of business administration.)

Throughout his 18-year career, Li has taken tough jobs normally assigned to people of higher rank; he’s excelled in every duty assignment. In his current day-to-day duties, he consistently goes above and beyond to assist people. Further, Li is a dedicated family man who often spends time volunteering in the community.

In 2012, the 9th Mission Support Command headquarters glowed with pride when then-Capt. John Li was selected as a 2011 Gen. Douglas MacArthur Leadership Award winner. Li was one of seven Army Reserve officers to win the award nationwide.



PEARL HARBOR — Maj. John Li recites the oath of commissioned officers during his promotion ceremony aboard the remembrance barge at the Arizona Memorial, Jan. 31.

# NCO’s ‘last’ re-up takes place aboard Navy’s last battleship

## ‘Mighty Mo’ at Pearl Harbor selected as great symbol of American pride, history

Story and photo by  
**MASTER SGT. MICHAEL ODLE**  
Support Battalion, 196th Infantry Brigade

PEARL HARBOR — At the start of the new year, a noncommissioned officer assigned to Support Battalion, 196th Infantry Brigade, re-upped in an unusual place for most Soldiers: aboard a floating national monument.

Sgt. 1st Class Eliud Cordero-Velez demonstrated his commitment to the Army and the nation by re-enlisting for his final time as an NCO, pledging to make the Army a career.

In the near future, Cordero-Velez is slated to attend school as a warrant officer candidate.

Cordero-Velez selected the USS Missouri



Sgt. 1st Class Eliud Cordero-Velez (left), Support Bn, 196th Inf. Bde., re-enlists one more time before he attends school as a warrant officer candidate.

Memorial at the World War II Valor in the Pacific National Monument for the location of this momentous occasion.

“It is a big step in my career,” he said. “I chose

that location because it was a great symbol of American pride and history.”

Cordero-Velez, originally from Ponce, Puerto Rico, didn’t speak English when he joined the Army more than a decade ago. His aspirations were high, and he was determined to see it through.

Since then, Cordero-Velez has earned his college degree and proven that hard work and dedication can help you achieve your goals.

Along with his wife, two children and a third child on the way, they’re an excellent example of an all-American Army family.

“I couldn’t have made it this far without their constant support,” said Cordero-Velez about his family.

Since the beginning of his Army career, Cordero-Velez has demonstrated stellar performance in his duties as a logistician. He consistently sets an example for Soldiers around him to follow through his everyday actions, his disci-

pline and professionalism, and his constant pursuit of excellence.

Cordero-Velez has made a positive impact on thousands of Soldiers throughout his career as a section leader at various echelons, as a drill sergeant and currently as an active component adviser to Army Reserve combat support units.

With the big push to downsize the Army, retention has become a challenge. However, it’s always a great day when a leader like Cordero-Velez commits himself to the future Army and its Soldiers.

In the current downsizing environment — a climate of reducing the number of warriors that will remain in the ranks, Army leaders are expected to keep only the very best in the ranks.

That is exactly what happened with Cordero-Velez’ re-enlistment, Jan. 10, aboard BB-63 — America’s last battleship with service in World War II, Korea and Operation Desert Storm.

# KE ‘14 tests joint forces’ interoperability

## Biennial exercise builds partnership with USAF, Japan

Story and photo by  
**SGT. 1ST CLASS KARRY JAMES**  
94th Army Air and Missile Defense  
Command Public Affairs

**FORT SHAFTER** — The 94th Army Air and Missile Defense Command focused on testing its interoperability with its Japanese counterparts and other U.S. forces by participating in the exercise Keen Edge 2014, which began Jan. 25th and ran through Jan. 31st.

Keen Edge is a biennial joint command post exercise conducted to increase combat readiness and synchronization between U.S. Forces Japan and the Japan Joint Staff.

The 94th Soldiers were on duty, 24 hours a day, on Joint Base Pearl Harbor-Hickam during the exercise

to react to scenario-based simulated missile attacks that could come at any time. The 94th also forward deployed several of its Soldiers to participate in the exercise as a coordination element in theater on Yokota Air Base, Japan.

Maj. Jason Albright, operations and forward element liaison officer for the exercise, 94th AAMDC, said that since relationships are critical in building partner capacity, the forward element was on the ground in Japan to maintain and increase the level of trust that is a result of these working relationships in past exercises.

“It helps provide actionable information that is very important in refining plans and offering solutions to complex strategic problems,” he said. “It aids in building partner capacity from the action officer through the general officer level.”

Even though this exercise is conducted biennially with the Japanese,

new challenges come to light each time due to changes in each country’s tactics, techniques and procedures.

“The challenges that we faced in training are integrating the outstanding situational awareness capabilities of our counterparts into our Pacific Army Command theater-wide understanding,” said Albright, “and carefully apportioning assets that not only provide for the defense of Japan, but also provide capabilities that contribute to the theater-wide defense.”

But, Albright says those challenges are easily overcome by good, consistent communication.

“Building partner capacity through bilateral understanding of the tactics, techniques, and procedures each country employs in defending their critical and vital assets can be achieved by participating in frequent joint and bilateral planning, working groups and boards,”

he added.

Heavy emphasis was placed on the integration efforts of the 94th’s forward element with various Japanese counterparts, as well as the 94th’s command element in Hawaii with Pacific Air Forces at the 613th Air Operations Center. The objective was to obtain lessons learned that can be used to enhance and improve battle plans development between the two countries and joint forces.

The success of the exercise was determined by how the refinement and adjustments of the operations enabled the U.S and Japanese commanders to make decisions.

“This exercise was successful,” Albright said. “We were able to develop and refine tactics, techniques and procedures with our Japanese counterparts that will allow commanders to exercise full capabilities to achieve mission success in real-world situations.”



Sailors chalk and chain a Black Hawk onto the USS Michael Murphy off the coast of Kauai, Jan. 29.

## Koa Kai: 25th CAB qualifies landing

CONTINUED FROM A-1

dle Pacific ships to meet current and future challenges as part of the rebalance to Indo-Asia-Pacific.

“The 25th CAB supported the joint exercise through movement of personnel from ship to shore, conducting deck landing qualifications to build our capabilities for future navy integration operations and conducting operations with our scout weapons teams. ... (They) provide the Navy with security and reconnaissance when they do movement through transits or confined areas, as well as countering small boats and special operations forces,” said Maj. Mark Fulmer, 25th CAB assistant operations officer.

Planning for the exercise began more than a year ago, and this occasion is the ninth iteration of the exercise.

“We’re extremely pleased with the level of commitment from the joint commands on island to support Koa Kai 14-1,” said Capt. Chris Bushnell, commander, Destroyer Squadron 31, adding that participation of all the supporting commands added great value and depth to the exercise.

### What is Koa Kai?

Hawaiian for “sea warrior,” Koa Kai is an integrated maritime exercise that prepares independent deployable units in multiple warfare areas, while also providing training in a multi-ship environment.



**JOINT BASE PEARL HARBOR-HICKAM** — The 94th AAMDC and their Air Force counterparts react to scenario-based simulated missile attacks. Soldiers and Airmen were on duty 24 hours a day, working 12-hour shifts, during exercise Keen Edge 2014. The 94th also forward deployed several warriors to Yokota Air Base, Japan, as a coordination element. The focus of the exercise was joint and combined interoperability.

# 45th SB hosts MLK observance

Story and photo by  
**SPC. ERIN SHERWOOD**  
45th Sustainment Brigade Public Affairs  
8th Theater Sust. Command

ALIAMANU MILITARY RESERVATION — Soldiers gathered to reflect and remember during the Dr. Martin Luther King Jr. observance hosted by the 45th Sustainment Brigade, here, at the chapel, Jan. 30.

The event included readings, singing and an inspirational speech by Marsha Joyner, past president, Martin Luther King Jr.-Hawaii Coalition.

Joyner’s speech centered on the idea of “A day on, not a day off,” encouraging people to see themselves as part of King’s legacy instead of simply as an observer.

“It’s easy to create stories and build monuments,” she reminded her audience, “but the civil rights movement and Martin Luther King remembrance are really about working to make a better world for all of us, past and present.”

The group discussed how King was a pivotal figure during the civil rights movement of the 1960s. His charismatic leadership inspired many to fight segregation through nonviolent resistance.

“For me, MLK observance is about awareness,” said Sgt. 1st Class Justin Roberts, Equal Opportunity advisor, 45th SB, and the event’s coordinator. “It shows how far we’ve come and how far we still have to go.”

Roberts said he wanted the Soldiers who attended to walk away and know “that one individual can make all the difference.”

“As men and women in uniform, you volunteered to serve your country,” said Joyner. “I admire that volunteerism. Stay in touch



Singer Lynette Harris leads Soldiers in song during the MLK observance at AMR chapel. The event included excerpt reading, singing and an inspirational speech.

with that piece of you, and always strive to make the best of the situations around you.”

As the presentation drew to a close, a thoughtful mood was apparent in the chapel.

There may be specific days of remembrance for King, but his legacy continues to grow through hope, inspiration and community service every day in America.



Traffic Report lists closed roads, limited routes, construction detours and noise advisories received by press time. Motorists in affected areas are advised to use caution and observe all signs and traffic personnel and to expect delays.

For an up-to-date list of Army traffic advisories, visit [www.garrison.hawaii.army.mil/info/trafficcalendar.htm](http://www.garrison.hawaii.army.mil/info/trafficcalendar.htm). Unless otherwise noted, all phone numbers are 808 area code.

## Today

**Noise Advisory** — Soldiers with 2nd Stryker Brigade Combat Team are currently conducting mortar and small arms live-fire training from approximately 8 a.m. to 11 p.m. Residents in the vicinity of Schofield Barracks and the surrounding communities may experience periodic increases in noise until Tuesday. Additionally, overcast conditions may increase noise and vibrations.

## 10 / Monday

**Phase 2** — Another total road closure will be implemented along Shafter’s Rice Loop during underground utility installation. Part of Rice Street is one-lane control for this phase. This closure is scheduled until Feb. 21.

## 14 / Friday

**Sargent’s Time** — A traffic revision on Schofield’s Sargent Road at Bldg. 695 (refill pharmacy) will convert it into a one-way street and provide parallel parking for pharmacy customers. One-way traffic will start at the access road by the credit union and stop at the three-way stop sign at the pharmacy. This traffic change will remain in effect until June 29. During this time, the Warriors in Transition project fence will be relocated to the edge of Sargent Road, and the existing pharmacy parking on the north side will be permanently removed.

NEWS Briefs



Send announcements for Soldiers and civilian employees to [news@hawaiiarmyweekly.com](mailto:news@hawaiiarmyweekly.com).

Today

Scam Alert! — Individuals posing as cops are calling ran-

dom state residents saying that a warrant has been issued for their arrest for failing to appear for jury duty. The sheriff’s office believes this scam is seeking financial payment from its intended victims under the guise that the warrant will be cleared once “bail” has been received.

The earliest reported calls started Jan. 31 and were made by a male with a southern accent who identifies himself as “Lt. Andy Gore.” If you have any information, call the Department of Public Safety/Sheriff Division at 690-2213.

**Jr. Enlisted Taxes** — The Schofield Tax Center is currently open for single junior enlisted Soldiers (E-1 to E-4) on a walk-in basis only and is currently fielding appointment phone calls at 655-1040. Tax preparation will open soon for all service members, retirees and family members by appointment only. (See related story, p. A-1.)

**Rerun Recruiters Requested** — Former detailed recruiters can earn a \$4,000 bonus if they reclassify (MOS

79R) and return to U.S. Army Recruiting Command. Candidates must be E-5/6, have less than 12 years time in service and currently be in an over strength or balanced MOS. Time of service as a 79R must be a minimum of 36 months. See your career counselor for more information.

**College** — The Department of Veterans Affairs just announced the launch of VA’s new GI Bill Comparison Tool. Now you can find information online about post-9/11 GI Bill

benefits and the schools and training programs available to education beneficiaries. The new tool was developed with the assistance of the Consumer Financial Protection Bureau, the Department of Defense, and the Department of Education.

The GI Bill Comparison Tool provides key information about college affordability and brings together information from more than 17 different online sources and three federal agencies, including the number of students receiving VA education benefits at each school. Visit

[www.va.gov/opa/pressrel/pressrelease.cfm?id=2517](http://www.va.gov/opa/pressrel/pressrelease.cfm?id=2517)


**11 / Tuesday**

**AFCEA Luncheon** — The Armed Forces Communications and Electronics Association hosts a lunch, 11 a.m., at Fort Shafter’s Hale Ikena. The guest speaker will be MG Darryl Wong, Adjutant General, State of Hawaii, National Guard.

The subject will be an update on the Hawaii National Guard and Homeland Security. To register, visit [www.afcea-hawaii.org](http://www.afcea-hawaii.org) or call 441-8565/8524.



# Young Science

Spc. Chiquita Ford, Headquarters and Headquarters Troop, 2-6th Cav. Regt., 25th CAB, 25th ID, listens intently during a student presentation at the Wheeler Elementary Science Fair, recently. Ford was one of eight soldiers to volunteer her time on the Friday morning to help grade presentations.

## 2-6th Cav. judges Wheeler Elementary Science Fair

Story and photos by  
**1ST LT. AMBER SKYE ROBERTSON**  
2nd Squadron, 6th Cavalry Regiment  
25th Combat Aviation Brigade  
25th Infantry Division

**W**HEELER ARMY AIRFIELD — Looks of anticipation painted the children's faces on a Friday morning, recently, in the Wheeler Elementary School cafeteria as they sat and waited to present their 5th grade science fair projects to unknown judges.

Soldiers from 2nd Squadron, 6th Cavalry Regiment, 25th Combat Aviation Brigade, entered the cafeteria with Stetsons. They looked sharp and were eager to lend a helping hand to the community and school.

Soldiers of 2-6th Cav. volunteered to spend time with the students and to judge their science projects during the school's first science fair. The squadron has been in partnership with the school for the past 10 years.

"The event (science fair) went very well, especially for our first school science fair," said Rochelle Pascual, the 5th grade chairperson for the school. "All three 5th grade classes participated, and the top two stu-

dents in each class get to participate in a Complex Science Fair later this year."

Pascual added the Soldiers' assistance brought a unique aspect to the grading of the student's projects.

"It was good (for the students) to have an outside perspective rather than being judged by a teacher or parent," said Pascual. "It also shows the students that community involvement actually does happen on an academic level and not just for 'fun' family night events."

The partnership gained solid ground this past November when Soldiers volunteered at the elementary school's first Holiday Festival by assisting the Wheeler Elementary Parent Teacher Student Organization. Since then, the school and squadron have planned several more events. For example, 1st Lt. Daniel Gray expressed his enjoyment with his time as volunteer officer

in charge for the squadron.

"We saved a lot of time for the teachers (by grading the projects)," said Gray. "At the same time, we built a relationship with the kids. The kids love interacting with Soldiers."

Pascual could not agree more. "We always love working with our military partners," said Pascual. "It's always a

great experience for our students to work with our Soldiers, and it was fairer for them because they (the Soldiers) did not know the kids at all. The kids were a little nervous about having Soldiers as their judges, but as the conversations went on, they felt very comfortable talking to their judge."

Gray hopes the time he and his Soldiers spent with the children has had a positive, lasting impression on them.

"We were expecting a pretty straightforward grading system, but it turned into a mini-mentorship

(with the children)," said Gray.

"Many were nervous, and we helped them follow their checklist and gave tips on public speaking."

After an hour of presentations and when the judges' papers had been turned in, the Soldiers gathered for a quick out brief. In the huddle, Rema Eltringham, one of the main event coordinators for the school, approached the group to offer appreciation to each volunteer. The children soon followed suit with gestures of thanks for each Soldier.

"The kids showed their gratitude on their own by coming up to us and shaking our hands. It was kind of neat," Gray said.

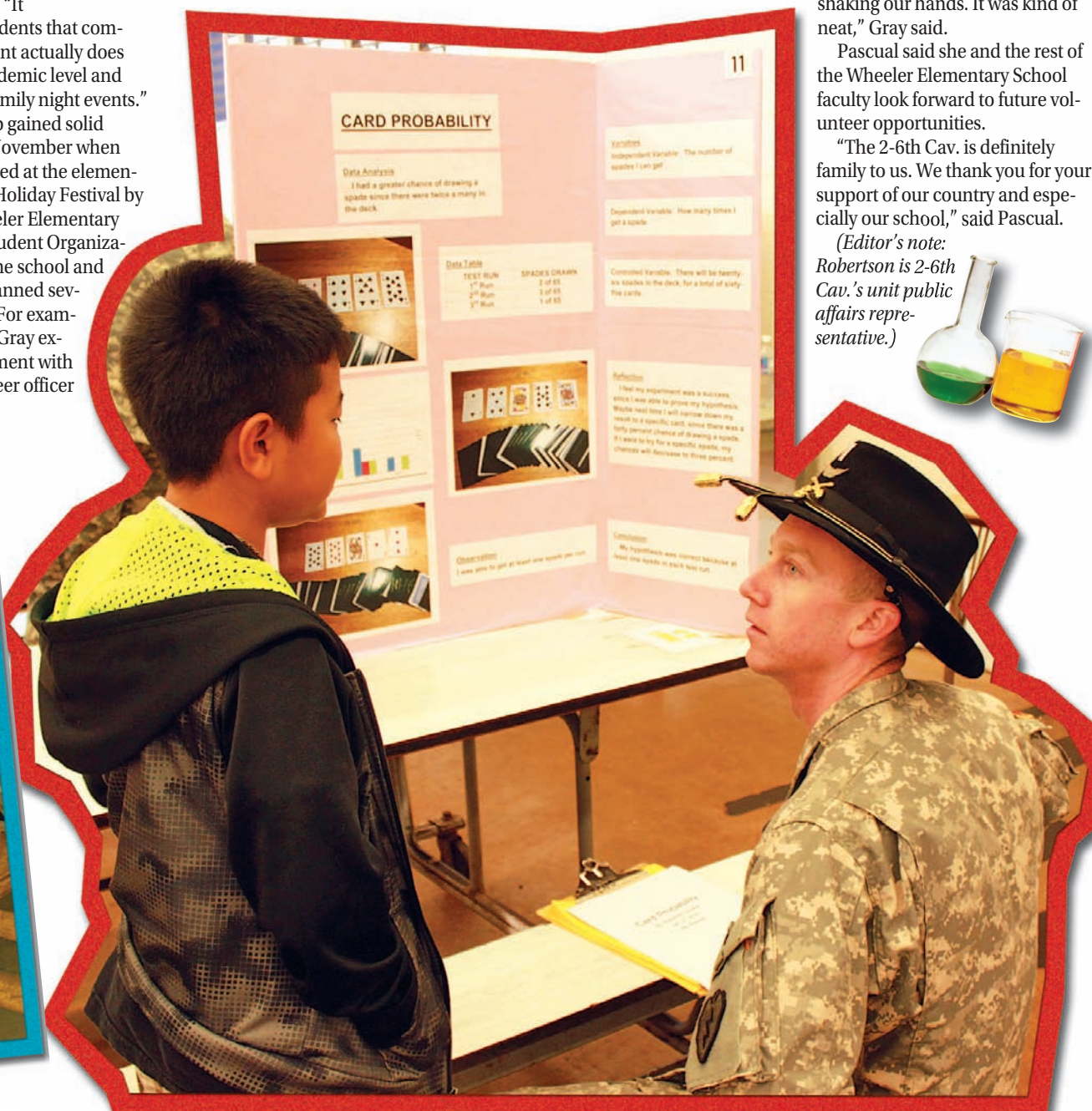
Pascual said she and the rest of the Wheeler Elementary School faculty look forward to future volunteer opportunities.

"The 2-6th Cav. is definitely family to us. We thank you for your support of our country and especially our school," said Pascual.

(Editor's note: Robertson is 2-6th Cav.'s unit public affairs representative.)



1st Lt. Eric Bowerman of Troop C, 2-6th Cav. Regt., 25th CAB, 25th ID, listens intently during a student presentation at the Wheeler Elementary Science Fair.



1st Lt. Daniel Gray of Troop B, 2-6th Cav. Regt., 25th CAB, 25th ID, asks a student questions during a presentation at the Wheeler Elementary Science Fair. Gray is the elementary school's liaison for the squadron. (Photo has been altered from its original form; background elements have been removed.)



Briefs

Today

**Right Arm Night** — FS Hale Ikena celebrates Fat Tuesday early with drink specials and a New Orleans-style pupu buffet. Tickets are on sale at the Hale Ikena. Call 438-1974.

9 / Sunday

**Hale Ikena Sunday Brunch** — FS Mulligan’s Bar & Grill hosts from 10 a.m.-1 p.m. Call 438-1974.

10 / Monday

**Workweek Lunch** — SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974) offer daily lunch, 11 a.m.-1 p.m. Enjoy buffet-style or menu items.

**Pau Hana Social Hour** — SB Kolekole Bar & Grill hosts an after-work fun time, 4:30-6:30 p.m., Monday-Wednesday, and 4-6 p.m., Thursday-Friday. Enjoy discounted appetizers and domestic draft beverages. Call 655-4466.

**Mongolian Barbecue** — Select your favorites from a large variety of meats and vegetables, 5 p.m., every Monday at SB Kolekole Bar & Grill, and grilling will be to your liking. Cost is 65 cents for each ounce. Call 655-4466.

11 / Tuesday

**Preschool Story Time** — FS Library hosts, 10 a.m., on Tuesdays, Feb. 4 and 18, with a different story and theme. Call 438-9521.

**Year of the Horse** — Learn decorative Chinese knots, 5-6 p.m., SB Sgt. Yano Library, including double coin knot roses and Chinese frog button necklaces. Activity is for teens and adults; requires registration. Call 655-8002.

**Taco Tuesday Night** — SB Kolekole Bar & Grill offers three tacos, rice and beans specials for \$4.99. Call 655-4466.

12 / Wednesday

**BOSS Meetings** — Single Soldiers and geographic bachelors are invited to Better Opportunities for Single Soldiers meetings every Wednesday to discuss community service projects and fun upcoming programs. Call Spc. Jennifer Coggins, BOSS president, 655-1130.

Community Calendar

Send announcements a week prior to publication to community@hawaiiarmyweekly.com.

Today

**Hawaii State Outdoor Recreation Plan** — The Department of Land and Natural Resources (DLNR) Division of State Parks invites the public to help select projects to receive federal funding support to best meet Hawaii’s future recreation needs. Take the 2014 Statewide Comprehensive Outdoor Recreational Plan (SCORP) survey, through Feb. 28, at www.surveymonkey.com/s/HISCORP2014.

**Punahou Carnival** — This annual event and Hawaii favorite features a “New York, New York” theme, 11 a.m.-11 p.m., Feb. 7 and 8, on the Punahou School campus. Local food, rides, games and other carnival favorites featured.

8 / Saturday

**Swamp Romp** — The annual Marine Corps Base Hawaii, Kaneohe Bay, Swamp Romp features a muddy-good time challenge, 7 a.m., Feb. 8. The event is open to the public.

PUNAHOU CARNIVAL



Courtesy photo

**HONOLULU** — The 2014 Punahou Carnival "New York, New York: The Carnival that Never Sleeps!" takes over the school campus, 11 a.m.-11 p.m., Feb. 7-8, offering rides, fairway games, auctions, a white elephant tent, an art gallery and plenty of fairground favorites like cotton candy, teri burgers, gyros and malasadas.

Visitors are invited to this annual Hawaii favorite that began in 1932. Admission to the Punahou Carnival is free, and scrip will be available for purchase throughout the midway. Parking is available on campus on a first-come, first-served basis. Additional parking will be available in the surrounding neighborhood at Central Union Church, St. Clement's Church, Lutheran Church of Honolulu and Maryknoll School. For more information, visit [www.punahou.edu/campus-life/events/carnival/index.aspx](http://www.punahou.edu/campus-life/events/carnival/index.aspx).

Attend these meetings:  
•North meetings, 2 p.m., 1st and 3rd Wednesday, SB Tropics Warrior Zone.  
•South meetings, 11 a.m., 2nd and 4th Wednesdays, FS Bowling Center.

**Valentine’s Day** — Elementary-age children are invited, 3-3:45 p.m., SB Sgt. Yano Library, for Valentine’s Day stories and a craft. Call 655-8002.

**Teen Wednesdays** — Cosmic Bowling for teens for \$2 at Wheeler Bowling Center, WAAF, 2-4 p.m. Free shoes with a two-game minimum. Call 656-1745.

**Keiki Night** — Every Wednesday night is Keiki Night, 5-8 p.m., at SB Kolekole Bar & Grill (655-4466) and FS Mulligan’s Bar & Grill (438-1974). Kids younger than 10 years eat for a special price from the keiki menu.

13 / Thursday

**Clay Hand Building Workshop** — Learn to work with clay from the experts at the SB Arts and Crafts Center, 1-3 p.m., Thursdays, through March 1. Initial session is \$25; additional sessions are \$5. Includes supplies. Call 655-4202 for registration.

**Leilehua Thursdays** — Join Chef Devin Lee, 4:30-7:30 p.m., every

Thursday, at Leilehua’s driving range for hot dogs and burgers. Menu items cost \$3-\$4. Call 655-7131.

14 / Friday

**Sweetheart Ball** — It’s Valentine’s Day at 6 p.m., SB Youth Center, for CYSS registered teens in grades 6-12. Semi-formal event will feature dinner, door prizes, photo booth, entertainment, DJ and dancing. Limited ticket sales are \$15 per person at Parent Central Services office. Call 655-0451.

**Valentine’s Day Candlelight Dinner** — FS Hale Ikena hosts a romantic evening, 4-8 p.m., with musical entertainment. Tickets are only \$35 per person in advance and \$40 per person at the door.

Menu includes complimentary beverage, chocolates and choice of steak or seafood dinner for two. Call 438-1974 for reservations or visit [himwr.com](http://himwr.com) for details and full menu.

19 / Wednesday

**Sgt. Yano Library** — SB hosts Story Time for toddlers, 10 a.m., Feb. 19. Call 655-4707.

21 / Friday

**Aloha Friday Barbecue** — The SB Leilehua grill offers a Friday barbecue lunch special, beginning at 11 a.m., until sold out. Menu items in-

clude smoked brisket ribs, pulled pork, barbecue chicken, pork chops, baked beans, cole slaw, potato salad and cornbread. Items cost \$8-\$10. Call 655-7131.

Ongoing

**Home School P.E. Classes** — SB and AMR Youth Sports conduct P.E. classes for military home-school families. Cost is free; however, purchase a home-school P.E shirt for \$7. Include the following information: youth’s name, age/grade, home/cell number and family email address. Visit [www.armyhawaiioutsports.com](http://www.armyhawaiioutsports.com) or call SB at 655-6465 or AMR at 836-1923.

**Get Fit** — MWR personal training services are now available at FS, AMR and Tripler PFCs. Call 492-3129.

**Storage Shed Rental** — Rent a storage shed from either the FS (438-9402) or SB (655-9368) Auto Skills centers. Fee is \$40 (8x6x5, metal) or \$60 (8x6x6, plastic) per month.

**Vehicle Safety Check** — The SB (655-9368) and FS (438-9402) Auto Skills centers perform Hawaii safety checks on a first-come, first-served basis; no appointments necessary.

15 / Saturday

**Pacific Roller Derby** — Season opening, 4 p.m., at the U.S. Coast Guard Hideaway Club, Kalaeloa. Non-military are required to RSVP at [www.pacificrollerderby.com](http://www.pacificrollerderby.com) by midnight Feb. 14. Tickets are \$10; keiki under 12 are free.

23 / Sunday

**“Radio Golf”** — It’s an August Wilson theater production about an entrepreneur who aspires to become Pittsburgh’s first black mayor. Plays 7:30 p.m., through Feb. 23, at the TAG Theater Dole Plantation. Runs Thursdays-Sundays; military tickets, \$12, with valid ID. Available at [www.tsaghawaii.net](http://www.tsaghawaii.net) or call 722-6941.

24 / Monday

**Hui ‘O Na Wahine** — Deadline for registering for the 5 p.m., March 1, Mock Dining In evening at the Nehelani is Feb. 24. Tickets are \$25. To purchase tickets, email [huischofield@gmail.com](mailto:huischofield@gmail.com) or seek out a board member. Visit [www.schofieldspouseclub.com](http://www.schofieldspouseclub.com).

28 / Friday

**DeCA Scholarships** — Applications for the 2014 Scholarships for Military Children Program are available at commissaries or online at [www.militaryscholar.org](http://www.militaryscholar.org).

Applications must be turned in to a commissary by close of business Feb. 28. Packages must be hand-delivered or shipped via U.S. Postal Service or other delivery methods, not emailed or faxed.

Ongoing

**Installation Waste Disposal** — For proper disposal in residential areas, contact your local community center. Do not place any cardboard, wood, bulky waste, hazardous materials or green waste in or around dumpsters. Visit the IPC website at <https://www.islandpalmcommunities.com/CurrentResidents>.

**Food for Families** — ASYMCA at WAAF has an emergency food locker to assist families. It’s open 8 a.m.-2 p.m., Monday-Friday. Call 624-5645.

**Freeway Service Patrol** — This service is operating on Hawaii’s freeways and is sponsored by the State Department of Transportation, the Honolulu Police and Fire departments, and Emergency Medical Services. The free service provides assistance to stranded motorists and includes changing flats and jump-starting vehicles. The service is available, 5 a.m.-7 p.m., Monday-Friday, except federal holidays. Call 841-4357.

Worship Services

Additional religious services, children’s programs, educational services and contact information can be found at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil). (Click on “Religious Support Office” under the “Directorates and Support Staff” menu.)

- AMR: Aliamanu Chapel
- FD: Fort DeRussy Chapel
- HMR: Helemano Chapel
- MPC: Main Post Chapel, Schofield Barracks
- PH: Aloha Jewish Chapel, Pearl Harbor
- SC: Soldiers’ Chapel, Schofield Barracks
- TAMC: Tripler Army Medical Center Chapel
- WAAF: Wheeler Army Airfield Chapel

Buddhist Services

- First Sunday, 1 p.m. at FD
- Fourth Sunday, 1 p.m. at MPC Annex

Catholic Mass

- Thursday, 9 a.m. at AMR
- Saturday, 5 p.m. at TAMC, WAAF
- Sunday services:
  - 8:30 a.m. at AMR
  - 10:30 a.m. at MPC Annex
  - 11 a.m. at TAMC
- Monday-Friday, 11:45 a.m. at MPC and 12 p.m.TAMC

Gospel Worship

- Sunday, noon. at MPC
- Sunday, 12:30 p.m. at AMR

Islamic Prayers and Study

- Friday, 1 p.m. at MPC Annex
- Friday, 2:30 p.m., TAMC
- Saturday and Sunday, 5:30 a.m.; 6, 7 and 8 p.m. at MPC Annex

Jewish Shabbat (Sabbath)

- Friday, 7:30 p.m. at PH

Pagan (Wicca)

- Friday, 7 p.m. at MPC Annex Room 232

Protestant Worship

- Sunday Services
  - 8:45 a.m. at MPC
  - 9 a.m., at FD, TAMC chapel
  - 10 a.m. at HMR
  - 10:30 a.m. at AMR
  - 10:45 a.m. at WAAF (Spanish language)
  - 11 a.m. at SC (Contemporary)
- Liturgical (Lutheran/Anglican)**
- Sunday, 9 a.m. at WAAF

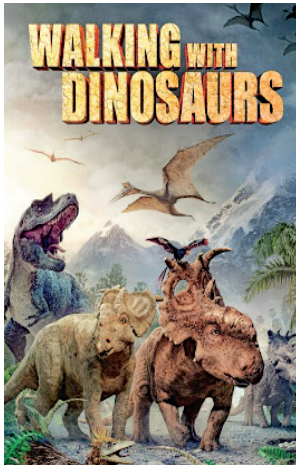
This Week at the Movies Sgt. Smith Theater

Call 624-2585 for movie listings or go to [aafes.com](http://aafes.com) under realtime movie listing.



Lone Survivor

(R)  
Fri., Feb. 7, 7 p.m.  
Sun., Feb. 9, 7 p.m.  
Thurs., Feb. 13, 7 p.m.



Walking with Dinosaurs

(PG)  
Sat., Feb. 8, 2 p.m.

The Wolf of Wall Street

(R)  
Sat., Feb. 8, 6 p.m.

No shows on Mondays, Tuesdays or Wednesdays.

Calendar abbreviations

- 8th TSC: 8th Theater Sustainment Command
- 25th ID: 25th Infantry Division
- ACS: Army Community Service
- AFAP: Army Family Action Plan
- AFTB: Army Family Team Building
- AMR: Aliamanu Military Reservation

- ASYMCA: Armed Services YMCA
- BCT: Brigade Combat Team
- BSB: Brigade Support Battalion
- Co.: Company
- CYSS: Child, Youth and School Services
- EFMP: Exceptional Family Member Program
- FMWR: Family and Morale, Welfare and

- Recreation
- FRG: Family Readiness Group
- FS: Fort Shafter
- HMR: Helemano Military Reservation
- IPC: Island Palm Communities
- PFC: Physical Fitness Center
- SB: Schofield Barracks

- SKIES: Schools of Knowledge, Inspiration, Exploration and Skills
- TAMC: Tripler Army Medical Center
- USAG-HI: U.S. Army Garrison-Hawaii
- USARPAC: U.S. Army-Pacific
- WAAF: Wheeler Army Airfield

# ACS workshop to focus on ‘Home Alone’ keiki issues

**BONNIE CORDEIRO**  
Army Community Service  
Directorate of Family and Morale,  
Welfare and Recreation

SCHOFIELD BARRACKS — Parents with children between the ages of 9 (soon to be 10) and 12 are invited to participate with their children in an educational workshop to help prepare children for being left unsupervised.

The workshop is called “Home Alone” and is offered once a month by the Family Advocacy Program at Army Community Service.

The class is designed to be engaging, interactive and practical as it teaches lessons via presentations and activities from a variety of speakers. Subjects covered include first aid, fire safety, stranger awareness and Internet safety.

Parents and their children are provided the opportunity to discuss and agree upon rules for safety to be fol-



Courtesy Army Community Service

**ACS will offer two Home Alone classes designed to help families work together during the month of March, one at Fort Shafter and one at Schofield Barracks.**

lowed when parents are not at home. This monthly class gives the families a unique and valuable chance to open a meaningful dialogue between them on this important matter.

The group setting allows for lively discussion during which concerns,

questions and solutions are shared. Family members have the opportunity to bring up ideas and suggestions that another family may not think of. Each family’s end result is personalized for the home situation. There is no “one size fits all” set of rules for every family.

“It is fascinating to watch parents and their children discover how they have similar values as they participate in this process,” remarked one parent, recently.

“I thought we would have to argue about some of the rules,” commented a 10 year old.

“I feel like I have more peace of mind,” said a Soldier who brought her 11 year old to the class.

U.S. Army Garrison-Hawaii’s Child Supervision Guidelines are very clear in specifying that children under the age of 10 are not to be left unsupervised. Some children may have the ability to make good deci-



File photo

**Home Alone classes instruct families how to discuss and agree upon rules for safety.**

sions at age 10, and some take much longer to develop this skill, so parents must assess when their children are ready to be left unsupervised.

The Home Alone class can help families work together to start this

**Class Registration**

The next Home Alone class is scheduled for 1-5:30 p.m., Thursday, Feb. 13, at Schofield Barracks’ ACS. However, there will be two Home Alone classes during the March school intersession, one at Schofield Barracks and one at Fort Shafter.

- To register, call 655-4ACS or go to [www.himwr.com](http://www.himwr.com).
- Review the Child Supervision Policy, USAG-HI-34, at Policies, under Most Popular Content, at [www.garrison.hawaii.army.mil](http://www.garrison.hawaii.army.mil).

exciting new phase of growing up.  
*(Editor’s note: Cordeiro is the senior prevention specialist, Family Advocacy Program, at ACS.)*

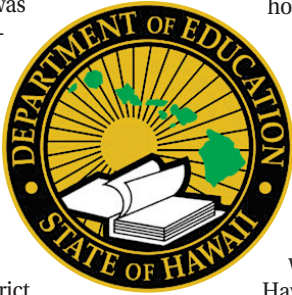
# Common Core Standards impact Hawaii education

**SCHOOL LIAISON OFFICE**  
Child, Youth and School Services  
Directorate of Family and Morale,  
Welfare and Recreation

SCHOFIELD BARRACKS — The Common Core State Standards (CCSS) Initiative is a state-led effort developed in coordination with teachers, school administrators and experts to provide a clear and consistent framework to prepare children for college and the workforce.

The initiative that will change the future of education for our nation was coordinated by the National Governors Association Center and the Council of Chief State School Officers.

In 2010, states began independently adopting the CCSS with no involvement by the federal government. Hawaii adopted the CCSS in 2010, and today there are 45 states, the District of Columbia, four territories and the Department of Defense Education Activity that have chosen to adopt the standards for kindergarten through 12th graders in English lan-



guage arts and mathematics.

The five states that have chosen not to adopt the standards are Texas, Virginia, Alaska, Minnesota and Nebraska.

The intent of the standards is to establish clear goals for learning that are consistent across the 45 states. Standards are meant to ensure that no matter where a student lives, he/she will be well-prepared with the skills and knowledge necessary to compete with peers across the nation and abroad. This hope is beneficial for Army-dependent children who attend many schools prior to graduating from high school because of the mobile military lifestyle they live.

Although the CCSS is relatively new to Hawaii, the schools here are not unfamiliar with standards. In the past, Hawaii used Hawaii Content and Performance Standards III, also known as HCPS. Just as the HCPS changed over the years and is currently in its third revision, the advisory group that provided guidance on the



CCSS initiative (such as Achieve, Inc.; ACT, or American College Testing; the College Board; the National Association of State Boards of Education; and the State Higher Education Executive Officers) believe that the CCSS is intended to be “a living work that will continue to be refined as new and better educational initiatives emerge.”

This school year, Hawaii implemented the CCSS, and professional development is being provided to all public schools. Training will

continue in school years 2014-2015 and 2015-2016. The biggest change, however, will be the move to a new form of assessments in 2014-2015.

The Hawaii Department of Education will no longer be using the Hawaii State Assessment tests, and Hawaii will be one of 23 states to implement the Smarter Balanced Assessment Consortium that will be aligned with the new CCSS.

Hawaii educators are anticipating this new initiative will be a step in the right direction for providing students with a high-quality education. The new CCSS will help students understand what they are expected to learn, and teachers and parents will know what they need to do to help them.

**Learn about CCSS**

For more information, call the Army School Liaison Office at 655-8326 or visit [www.corestandards.org](http://www.corestandards.org) or [hawaiiipublicschools.org](http://hawaiiipublicschools.org)

# Valentine’s Day now equals tortured tenderness

I really don’t mean to be a bummer, but I just googled Saint Valentine and learned that, not only was he not the patron saint of lovers, Feb. 14th marks the date that he was imprisoned, tortured and beheaded in Rome in 269 A.D.

Real romantic, huh?  
Apparently, the Feast of St. Valentine (a.k.a. Valentine’s Day) was not intended to celebrate romantic love until some crusty old 14th century English historians began propagating the legend that Saint Valentine was martyred because he was caught secretly marrying persecuted Christians behind Emperor Claudius’ back.

So, as much as we want to point the finger at the holiday card, candy and floral companies and the rest of the blood-sucking consumer industry, apparently they are not to blame for inventing Valentine’s Day. Regardless, there’s certainly nothing wrong with reserving one day a year to recognize love, right?

As a little kid, Valentine’s Day was a fun affair filled with construction paper hearts, lace doilies, cards imprinted with Ziggy and red heart lolipops with white edible paint.

In high school, the chance of getting a \$1 Valentine carnation from a secret admirer was thrilling. My best friend and I, however, sent each other a “secret” carnation, a smart move considering our dating track records.

It wasn’t until my senior year that I received a Valentine flower from an actual boy, but unfortunately, it was from a kid nicknamed “Goober.”

Mercifully, I was finally able to experience Valentine’s Day bliss after meeting my Navy husband. There is nothing quite like the feeling of true love, and in the early years, we spent hours picking out cards for each other, covering every square millimeter with handwritten words professing how doggone happy we were to have found our soul mates.

And we meant every sappy word of it. Still do.

However, after 20 years of marriage, the mandatory traditions of this manufactured holiday can seem like the torture endured by St. Valentine back in Rome. I know, I know. Buying a card and planning a romantic evening with a loved one shouldn’t be compared to being stoned and beheaded. But, when you’ve got the afternoon carpool, when the minivan is caked with black snow, when you have to get a stool sample for the vet



## THE MEAT & POTATOES OF LIFE

LISA SMITH MOLINARI  
Contributing Writer



File photo

**For middle-aged married couples, Valentine cards often result in a hurried trip to a local convenience store to make a scribbled generic sentiment.**

to take up space.

He finds me in the kitchen, frantically trying to feed the kids and dog, while folding the laundry and helping our daughter study for her chemistry test. We exchange a quick kiss and our hastily scribbled cards inside envelopes with still-wet glue.

He rushes to change out of his military uniform, and I spritz on perfume to hide the scent of frozen tater tots. We dole out the requisite bedtime threats to the kids, climb into our dirty minivan and fight the traffic to make our reservation.

At the restaurant, we

and when the water heater is on the fritz again, then Valentine’s Day can seem more like a day in hell.

Unfortunately, middle-aged couples get so bogged down with the relentless demands of life — teen angst, mortgage payments, slowing metabolisms, routine oil changes, lost retainers, low water pressure, stray chin hairs — that extraneous holidays become just another item on our already unmanageable to do lists.

These days, despite our best intentions, we do a lousy job of taking a day out to celebrate love on Valentine’s Day. My husband hurriedly runs into the 7-11 to grab any old card on his way home from work. Before getting out of the car, he finds a pen between the seats and scribbles a generic sentiment, such as “Love ya bunches, Honey! XOXO,” in large writing,



File photo

**Despite best intentions Valentine’s Day becomes another thing to add to the “to do” list.**

make our best effort at romance, ordering wine, canoodling and sharing dessert, but thanks to middle-aged fluctuations in blood sugar, we start yawning before the clock strikes nine.

I don’t think this “hurry-up-and-be-romantic-before-I-fall-asleep” routine is what the Pope had in mind when he crowned poor St. Valentine the patron saint of love, but it’s the best we can muster on a weeknight. Besides, even the most tortured schedule should include a little time for tenderness.

*(A 20-year military spouse and mother of three, Molinari has plenty of humor to share in her column, “The Meat and Potatoes of Life,” at [www.themeatandpotatoesoflife.com](http://www.themeatandpotatoesoflife.com).)*

# Always diet for the heart

HONOLULU — Valentine’s Day is right around the corner, and while most of the country will celebrate matters of the heart, it’s time to give a little love to another February observance: Heart Health Month.

The American Heart Association reports that heart disease accounted for approximately one in every three deaths in the U.S. in 2010, and continues to be the leading cause of death today. Although there are certain genetic factors outside of your control that play a role, you can control some of the risk factors for heart disease, such as high cholesterol and blood pressure, by preventing excess weight gain and obesity through lifestyle changes like diet and exercise.

**Taking Action**  
Here are six simple steps you can do every day to jump-start your heart health.

- Increase your fruits and vegetables.** Try adding more vegetables and fruits into your daily snacks. Choose to have at least one serving of vegetables with each meal.
- Two great snack ideas include munching on baby carrots or dipping veggies in hummus. Also, add fruit to your breakfast cereal to start the day off right.
- Make half your grains whole.** Start checking those labels and looking for those grains that contain fiber. A great way to get whole grains in is to start your day off with your favorite whole grain cereal. Choose brown rice instead of white rice, and try those new whole grain pastas.
- Aim for 25 grams of fiber per day.** Choose a combination of insoluble and soluble fibers. Soluble fiber has been shown to bind with cholesterol and take it out of the body, lowering cholesterol levels.



ASK THE DIETICIAN



CAPT. JOETTA KHAN, MPH, RD  
Tripler Army Medical Center

Great sources of fiber include whole grain breads, oatmeal and other cereals, nuts, vegetables and fruits. To try to incorporate these items into your daily routine, take almonds or walnuts with you to work for a snack.

- Decrease your fat intake.** Choose foods low in saturated fat, trans fat and cholesterol. These fats are usually found in some meats, dairy products, baked and processed foods. They raise your LDL or “bad” cholesterol.
- Choose lean meats, such as chicken, turkey and fish. Use healthier cooking methods like baking or grilling, and avoid frying. Try substituting one animal protein for a vegetable protein, such as tofu, edamame, soy milk or nuts. Start eating fatty fish like salmon, lake trout and albacore tuna canned in water at least once per week.
- Increase your water intake.** Aim for eight glasses of water every day and more on hot days or when you exercise. Keeping your body hydrated improves your overall health and protects your vital organs.
- Avoid or limit sugary beverages as these have little added benefit and can lead to weight gain, which can negatively impact your heart health.
- Get moving.** Regular physical activity of just 30-minutes a day can go a long way to improving your heart health. Plan physical activity into your day, take the stairs instead of the elevator, park farther away, join a walking group, wear a pedometer and strive for 10,000 steps per day or find other ways to incorporate exercise into your daily routine.

# Experts agree – healthy teeth begin at a young age

**BETHANN CAMERON**  
U.S. Army Public Health Command  
ABERDEEN PROVING GROUNDS, Md.  
— We get excited when babies get their first teeth. We want our children to grow up healthy.  
Unfortunately, many parents are unaware that a child cannot be truly healthy without a healthy smile or mouth.  
February is National Children’s Dental Health Month. We know that children with dental problems have problems eating, concentrating in class and miss more days of school than children with healthy mouths.  
By eating a healthy diet, avoiding added sugars, brushing and flossing, and having regular dental visits, children can avoid cavities and get a super smile.

**Keiki Dental Health**  
Here are some tips to ensure your child has strong, healthy teeth and gums for a lifetime:

- Prevent cavities in babies by wiping their gums with a clean, wet gauze pad or soft washcloth after each feeding (breast or bottle-fed).
- Babies should not be put to bed or allowed to fall asleep with a bottle of milk, formula or juice.
- Avoid using sweet foods or sweetened drinks to reward your child. This reminder includes beverages that are acidic, such as sodas, juices, lemonade and sports drinks.
- Make your child’s first dentist appointment as early as the first birthday. This appointment will get your child used to the dentist’s chair and will educate you on good dental health techniques.



Jeff Crawley, Installation Management Command

**FORT SILL — Capt. Nathan Buckner, dental resident, demonstrates that the average soda contains about 9 teaspoons of sugar.**

- Learn proper brushing and flossing .
- Ask your dentist about dental sealants. They are a protective coating that helps prevent bacteria from causing tooth decay on the chewing surfaces of teeth.
- Protect your child’s smile by ensuring mouth guards are used when playing sports. Mouth guards will protect teeth from getting broken and protect the face from injury.
- Teach children to say no to tobacco, which can cause tooth decay, gum disease, tooth loss and oral cancer.